

Waukesha County Nutrition Coalition Minutes

January 27, 2015

Attendees: Michelle Bertram, Mike Glasgow- ADRC; Karen Tredwell-Food Pantry of Waukesha County; Mary Jo Michels- WIC; Rachel Zuniga- Hispanic Health Resource Center-ProHealth Care; Karen Cumblad-James Place; Regina Estrada- Blessings in a Backpack; Pam Matthews- St. Vincent De Paul of Waukesha County; Cynthia Eggleston- Mukwonago Food Pantry/Resource Center; Jill Herz, Abby Demler, Melinda Stuart, Jan Skell-UWEX.

Welcome, Introductions, and Advisory Committee Update: Michelle Bertram

We welcomed our new WCNC co-leader, Regina Estrada. The 2015 WCNC meeting topic calendar was distributed. The advisory meeting takes place immediately after the WCNC meeting and will be discussing the topic calendar and WCNC member list.

Presenter: Mary Jo Michels, MPH, RD, CLC, Waukesha County WIC Supervisor. Topic: Wisconsin WIC Program. WIC is the Special Supplemental Nutrition Program for Women, Infants and Children. Target recipients are low to moderate income families who are at nutritional risk. The program is designed to safeguard the health of women, infants and children up to age 5 via healthy eating and access to health care. WIC provides nutrition education, breastfeeding promotion and support, a monthly food prescription of nutritious foods, and referrals to healthcare providers. WIC has been in place since 1974, when it was permanently authorized by Congress after being piloted. At that time there were 88,000 participants; by 1990 there were 4.5 million, and currently (2014) there are 8.5 million. WIC is available in all 50 states, 34 Indian Tribal Organizations, and in 6 U.S. territories. It is a grant program administered through the Food and Nutrition Service (FNS) of the USDA. Funding is specific to the number served; while over 4,000 are eligible in Waukesha; Waukesha WIC serves 2,000. Sometimes people voluntarily withdraw assistance when they feel they are getting by on their own. Eligible individuals include: women who are pregnant, postpartum, or breastfeeding, infants up to age 1, and children up to age 5. Income requirement: 185% federal poverty level. Automatically eligible if using other programs including Foster Care, Kinship Care, Adoption Assistance, Wisconsin Works (W2), Foodshare, SSI; not everyone who uses Badgercare is eligible any longer, but WIC can look them up to see if they are. Must live in the state you receive benefits from.

Clients seen on a 3 month basis. Perform health screenings by taking measurements (height, weight, Hgb, lead) and plotting growth. Between enrollment and the 6 month follow up, there needs to be an educational session; nutrition education topics include infant feeding practices, breastfeeding, fruit and veggie intake, whole grains, etc. If clients are high risk, required to see a dietitian at their appointment. WIC is emphasizing being "person centered" in education (asking what the participant wants, reinforcing positive behaviors).

Food package changes in 2009 addressed need to increase fruits vegetables and whole grains as well as cultural differences of clients. These were the first major food package changes since the program began in 1974. The other major change came in 1992 when breastfeeding mothers received additional foods. Breastfed babies also received more baby food. Some families find WIC checks a hassle; can be a stigma associated with it, not discreet. Sometimes cashiers don't know how to redeem the check. A quarter of families don't use the fruit and vegetable check. To make WIC checks easier to use, WIC is rolling out eWIC, which is a debit card-like system. Piloting starts in February but Waukesha will be one of the last counties that gets it (in September). Farmers Market Checks will also be distributed; clients receive \$17 to use at WIC-approved farmers markets.

Studies show that participants have positive outcomes from participating in WIC. WIC improves birth outcomes, reduces fetal deaths and infant mortality, increases the duration of pregnancies and reduces low birth weights, improves growth of nutritionally at-risk infants and children, improves the dietary intake of pregnant and postpartum women and improves weight gain in pregnant women. WIC improves breastfeeding rates- Waukesha WIC has two breastfeeding peer counselors (English and Spanish-speaking) that are available for problem-solving and support. Children enrolled in WIC are more likely to have regular health care and immunizations, improved intellectual development, declining overweight and obesity rates, and reduced incidence of iron deficiency anemia.

Agency Updates:

ADRC, Mike Glasgow— Now doing ok with number of drivers for Meals on Wheels but can always use more.

James Place, Karen Cumblad- James Place newsletter at www.jamesplacewi.org lists upcoming events, free fun things to do as a family. Movie night is once a month on Friday nights. Now providing opportunity to sit down with attorney at no cost, once a month on Tuesday. Mount Mary counseling interns are available; do group sessions occasionally on topics such as boundaries, communication, etc.

St Vincent DePaul, Pam Matthews— Will be doing summer lunch program again. Workshop called *Coming Together to Get Ahead* addresses making changes to improve situation; will be held at 1st united Methodist Church on Feb 17th. Would like to offer this training in 4 locations in county—currently in Waukesha, will be in Oconomowoc too.

Hispanic Health Resource Center, Rachel Zuniga– the Waukesha Community Health Fair will take place at Waukesha North High School Saturday April 18th from 9-12. Flyers will be out soon.

Food Pantry of Waukesha County, Karen Tredwell- In the process of conducting a survey to identify any gaps in services for hunger relief in Waukesha County. Unfortunately if there are no hunger relief agencies in an area, there is no location to conduct the survey. If needs are identified, we as Nutrition Coalition or other groups may be able to mobilize needs to those communities with limited access. Working with Dr. Kathleen Bubinas from UW-Waukesha. Thriving Waukesha has been doing educational events for nonprofits addressing good governance, financial stability; there has been very good feedback on these presentations. The Boy Scout Food Drive is on March 21. This week, reps from nonprofits will do a “Point in Time” count at Park and Rides, parks, etc. to count homeless individuals and offer to bring them to a warming shelter; NAMI is host for this. List of warming shelters is on Waukesha County website.

Mukwonago Food Pantry/Resource Center, Cynthia Eggleston—Purchased their building. Mukwonago pantry will stay where it is (Mukwonago, Eagle, Big Bend, North Prairie, Vernon all served by pantry). ProHealth was able to do a health fair in the building as it was previously a medical building. The Resource center is county-wide—anyone from the county can use it. If you have an interested group or need office space, email or call Cindy. Have been holding one fundraiser a month to help promote the Resource Center. Next Fundraiser is a Casino Night—doors open at 4:30 on Saturday February 7th at St. James Church Activity Center.

UW-Extension, Melinda Stuart- On April 30th UW-Extension is holding annual bus trip to the capitol. Asking partners that work with UW-Extension to volunteer to spend a day at the capitol and meet with legislators and highlight how you work with UW-Extension. Tentative schedule for the day: leave at 9 or 10 on the bus, enjoy free lunch in Madison, visit with legislators, return. Let Melinda know if you are interested.

UW-Extension, Jan Skell- We are always looking for groups of participants for our Eating Smart Being Active program. The program is for parents of children under age 19; it is a national program with good impact data. Lessons available in English and Spanish. Extra lessons are available on the topics of nutrition in pregnancy and feeding young children.

Blessings in a Backpack, Regina Estrada- Filled 6000 bags of food at recent event. Currently feeding 592 kids each week at Hadfield, Banting, and Lowell utilizing 80 volunteers. October 10th fundraiser was successful, yielding net \$65,000 dollars. Hoping to expand to Blair after conversation with principal. Blair has a great need at 80 percent, which is about 300 kids; currently only have funds for about 100.

WIC, Mary Jo Michels—Have had a couple of concerning cases with infants in the last 2 months; infants ended up being sent to hospital due to undernourishment, underhydration, and other concerning issues. Met 2014 goal of WIC participants initiating breastfeeding.

Next meeting: February 24, 2015; Topic: Impact “211” presented by Mike Davis